

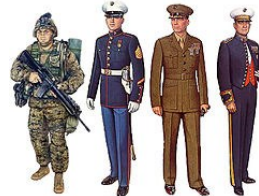
# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

July 2025



**HOME  
OF THE  
FREE  
BECAUSE  
OF THE  
BRAVE**



A special thanks to all the troops who have served and are serving our country. We are a nation who will be forever grateful.



**4<sup>th</sup> of July celebration will be held  
Thursday, July 3<sup>rd</sup> starting at 1pm!**



***Please sign-up in the lobby!***



Monsoon season is here with lots of rain and wind, so please be careful when outdoors. It's that time of year in the Old Pueblo when the temperatures soar! Please remember to use sun screen and a wide-brimmed hat when going outdoors. It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.

Por favor, deje saber a Teresa si necesita este boletin traducido verbalmente.

Если Вам нужен перевод какой-либо заметки из Covenant House Chronicles пожалуйста обратитесь к Терезе. Вы можете получить устный перевод интересующей Вас заметки.

Biltmore Properties, Inc. (BPI) does not discriminate on the basis of disability status in the admission or access to, or treatment or employment in, its federally assisted programs and activities. BPI's Section 504 Coordinator, Kathy McElvain (602.997.0013 ext 104 or 1.800.367.8939 or 711 for TTY users) located at 2330 W Mission Lane, suite 10 Phoenix, AZ 85021 has been designated to coordinate Limited English Proficiency and compliance with the nondiscrimination requirements contained in the Department of Housing and Urban Development's Section 504 (24CFR, part 8 dated June 2, 1988). EQUAL HOUSING OPPORTUNITY

## Covenant House Staff

- Reda Anna, Manager
- Gulnar Akhmedova, Assistant Manager
- Teresa Wachala, Service Coordinator
- Troy Pearson, Wellness Center
- Austin Garland, Computer Coord.
- Josh George, Maintenance Tech
- Vijay Singh, Maintenance
- Sonny Singh, Housekeeping

## Important Phone Numbers

- Office, 520-327-2200
- Service Coordinator, 520-321-4496
- Wellness Center, 520-327-0922
- **Emergency, 911**
- After Hours Maintenance **EMERGENCY**, 520-808-3677

B'nai B'rith Covenant House is professionally managed by Biltmore Properties, Inc.



## \*\*\*Service Coordinator News --- Teresa Wachala\*\*\*



*I would like to wish everyone a  
Happy Fourth of July!!*



I hope everyone has a wonderful Fourth of July holiday!  
I am working on getting some educational speakers and entertainment into the building, so please come to these events. Please contact me if you have any suggestions for speakers, entertainment, etc.

- ♦ If anyone runs low on food or other items during the month, I have an **emergency food pantry**. I have various items, such as **tuna, sardines, soups, milk, ground coffee as well as instant coffee**, etc. Since many items are not covered by food stamps, I also provide such things as, **hearing aide batteries, dish soap, laundry soap, paper towels, Kleenex, toilet paper**, etc., so please call 321-4496 and let me know if you need anything. If you need any of the above items please see me during my office hours. All distributions are kept confidential.
- ♦ I sell **stamps (a book of 10 or individually) and quarters (\$5 a week)**, so call me if you need them OR see me during lobby hours (Tuesdays from 10-11am).



### COVENANT HOUSE WEBSITE!!

Please go to [www.covenanthouseoftucson.org](http://www.covenanthouseoftucson.org) to view our website. It is in English with a Spanish translation and contains pictures of the building and our newsletter. It also has a direct link to our **Facebook page** (<https://www.facebook.com/covenanthousetucson>) Please let your friends and family know about it. Enjoy!!

Fernando Diaz, Senior Med Solutions, is available on Fridays starting at 12noon to help you with any questions you may have about your Medicare, Social Security and DES/ AHCCCS. He will be in the Library from 12-1pm or later if needed. Please call Teresa at 520-321-4496 to make an appointment.





## \*\*\*Manager's Memo—Reda Anna\*\*\*



*Happy July 4th!!*

### ATTENTION!

**A/C units** - Please keep your **windows shut** when the A/C is running to avoid condensation and leaking. If you keep the A/C at a constant temperature (75°) it should stay nice and cool without the unit freezing up. If you're A/C goes out, we may not be able to get someone here to fix it right away, so please follow these tips to keep it working properly.



Please remember that the key fobs to get into the building **should NOT be given to anyone else to use**. It is each residents responsibility to keep these keys and it is a violation of our policies to give them to others. If you lose your key fob, please see the management office immediately so we can void the key and keep unauthorized users from getting into the building.

Please remember to look out for your safety and the safety of others. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful. Please **DO NOT let anyone you do not know** into the building to help ensure the safety of all. Please report any suspicious activity to the management office.



Please **DO NOT** place any large items (mattresses, chairs, etc.) in the dumpsters. Please find someone who can haul it away as we do not have enough room in the dumpsters and waste management will not take them.

### YOU KNOW YOU'RE SUMMERING IN ARIZONA WHEN....

The birds have to use potholders to pull worms out of the ground.

The best parking place is determined by shade instead of distance.

You discover that in July it only takes 2 fingers to steer your car.

Hot water now comes out of both taps.



You can make sun tea instantly!

You learn that a seat belt buckle makes a pretty good branding iron!

You actually burn your hand opening the car door.

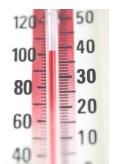
You break into a sweat the instant you step outside at 7:30 am!

You realize that asphalt has a liquid state.

You see two cacti fighting over a dog.

The cows are giving evaporated milk!

Ah, what a place to call home!







## Craft Class

Please join Rose in the MP room on  
**Wednesday, July 2<sup>nd</sup> at 10am!!**

Please join us for crafting.  
*Please sign-up in the lobby.*



## VITAL NUTRIENTS FOR HEALTHY AGING:

Vitamins & Essential Elements  
for Seniors



**JULY 17 • 2 PM**

COVENANT HOUSE • COMMON ROOM

Bring your vitamins for a personalized  
review if you'd like

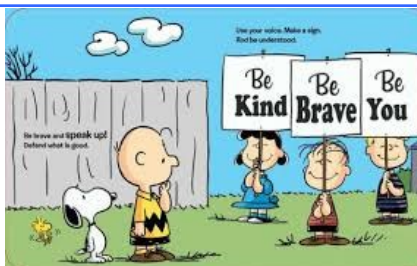
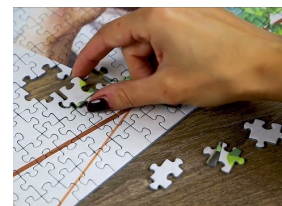
**Yelena Gillman**

Family Nurse Practitioner | Nutritionist  
Herbalist | Yoga Teacher

## PUZZLE FUN!!

Do you enjoy working puzzles?  
We are trying to go through our  
collection to see if any of the puzzles  
have missing pieces. When you see a  
puzzle in the multipurpose room, please  
work on it anytime. Before you leave,  
please make sure no pieces have  
fallen to the floor.

This will be a big help. Thank you!



## Computer Network Center Coordinator:



### Office Hours:

<b>Mondays</b>	<b>9am--5pm</b>
<b>Wednesdays</b>	<b>9am --5pm</b>
<b>Fridays</b>	<b>9am--5pm</b>

Sign-up in computer room or email Austin at  
[networkcentercoordinator@gmail.com](mailto:networkcentercoordinator@gmail.com)  
or call Teresa at 520-321-4496.

## Classes this month:

### "Online Shopping"

Monday, July 21<sup>st</sup> at 2pm  
in the Multi-purpose Room

### Classic Movie

### "12 Angry Men"

Friday, July 25<sup>th</sup> at 2pm  
in the Multi-purpose Room



## WORD SEARCH

S	Y	B	G	O	D	B	M	B	L	B	F	U	U	I
T	R	R	E	F	L	A	G	S	E	O	S	S	N	E
R	A	A	A	U	J	M	F	A	U	A	E	D	C	U
I	T	V	E	E	R	S	U	R	I	C	E	A	L	C
P	I	E	S	D	U	T	T	H	E	P	N	Y	E	E
E	L	T	S	U	I	H	E	A	E	E	J	D	S	B
S	I	L	T	F	O	K	E	N	R	K	D	Z	A	R
C	M	S	U	F	I	S	D	Z	D	S	F	O	M	A
B	C	L	J	O	R	E	P	C	Y	W	I	K	M	B
V	X	U	I	A	N	S	K	R	O	W	E	R	I	F
M	L	S	A	C	I	R	E	M	A	R	Q	C	K	V
Y	T	R	E	B	I	L	F	O	E	U	T	A	T	S
D	I	D	Q	T	V	E	T	D	O	C	P	Z	O	P
Z	A	E	E	R	F	E	H	T	F	O	D	N	A	L
Y	I	G	F	C	K	W	E	T	I	H	W	C	S	C

AMERICA  
BARBECUE  
BEAUTIFUL  
BLUE  
BRAVE

FIREWORKS  
FLAG  
FOURTH OF JULY  
FREEDOM  
INDEPENDENCE DAY

LAND OF THE FREE  
MAJESTIC  
MILITARY  
RED  
STARS

STATUE OF LIBERTY  
STRIPES  
UNCLE SAM  
USA  
WHITE

**\*\*\*Wellness Center—Troy Pearson\*\*\*****OFFICE HOURS:****TUESDAY: 6:00AM—11:00AM****THURSDAY: 6:00AM—11:00AM****FRIDAY: 6:00AM— 4:00PM****TROY J PEARSON—WELLNESS DIRECTOR****WHY SENIORS ARE MORE SUSCEPTIBLE TO DEHYDRATION**

**Decreased Thirst Sensation:** As people age, their sense of thirst diminishes, making them less aware of their need for fluids. By the time they feel thirsty, they may already be experiencing early signs of dehydration.

**Body Composition Changes:** Older adults generally have a lower percentage of body water compared to younger individuals, which means they have less fluid reserve to draw upon.

**Medications:** Many seniors take medications that can increase the risk of dehydration, such as diuretics, which promote fluid loss.

**Reduced Kidney Function:** Aging can lead to decreased kidney function, affecting the body's ability to conserve water.



**Temperature Regulation:** Seniors may have a reduced ability to regulate body temperature, leading to increased fluid loss during heat or physical activity.

To learn more about staying hydrated this summer please attend

**Healthy Hydration Power Point** presentation on  
**Friday, July 18<sup>th</sup> at 1:30pm in the Multi-Purpose Room.**

**FREE WATER BOTTLES FOR ALL ATTENDEES!!!**



<div>   <b>Covenant House Calendar</b>  <b>July 2025</b>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 <b>Craft Class at 10AM!!</b> 	3 <b>Fourth of July Celebration at 1pm!</b> 	4 <b>Offices will be closed for the Fourth of July Holiday!</b> 	5 <b>Mexican Train Dominoes at 2pm!</b> 
6 <b>Canasta 1pm!</b> 	7 	8 	9 <b>Food Boxes at 8:30am!</b> 	10 	11 <b>Medicare Questions with Fernando Diaz at 12noon.</b>	12 <b>Mexican Train Dominoes at 2pm!</b> 
13 <b>Canasta 1pm!</b> 	14 	15 	16 	17 <b>Vital Nutrients for Healthy Aging (Vitamins) at 2pm in MPR!</b>	18 <b>Medicare Questions with Fernando Diaz at 12noon.</b> <b>Healthy Hydration class with Troy at 1:30pm in MPR!</b>	19 <b>Mexican Train Dominoes at 2pm!</b> 
20 <b>Canasta 1pm!</b> 	21 <b>ONLINE SHOPPING with Austin at 2pm in MPR!</b>	22 	23 	24	25 <b>Medicare Questions with Fernando Diaz at 12noon.</b> <b>Classic Movie with Austin at 2pm in MPR!</b>	26 <b>Mexican Train Dominoes at 2pm!</b> 
27 <b>Canasta 1pm!</b> 	28 	29 	30	31 		



## *B'nai B'rith Covenant House*

4414 E. 2nd Street  
Tucson, AZ 85711

Website: [www.covenanthouseoftucson.org](http://www.covenanthouseoftucson.org)

Facebook: [www.facebook.com/covenanthousetucson](https://www.facebook.com/covenanthousetucson)

Phone: 520-327-2200 Fax: 520-327-0080

E-mail: [bnaibrithcovenant@qwestoffice.net](mailto:bnaibrithcovenant@qwestoffice.net)



### Our Mission Statement:

B'nai B'rith Covenant House provides affordable independent housing for seniors. We develop programs and projects to enrich the resident's lives while fostering independence and dignity.



## **Around Covenant House**

### WELLNESS CENTER

#### NEW CLASS SCHEDULE:

**Tuesday: 7:00-7:30am**  
Early Riser Class \*  
**9:30-10:00am**  
Low-Impact Upper Body

**Thursday: 7:00-7:30am**  
Early Riser Class \*  
**9:30-10:00am**  
Low-Impact Lower Body

**Friday: 9:30-10:15am**  
Head-To-Toe Stretch  
**1:30-2:00pm \***

**\*These classes vary. Please see full schedule in the bulletin board.**  
Please call Troy at 327-0922  
if you have any questions.

### **\*\*IMPORTANT!!\*\***

Please let the office know if your phone number has changed. It is difficult for staff to contact you without the correct information.



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We would like to thank *Evergreen Mortuary & Cemetery* for printing our newsletter every month. Their assistance is invaluable to us. So a **BIG THANKS** to them for helping make our newsletter possible!



### CSFP (Food Plus)

**Income Guidelines:**  
\$1632/mo (ind)  
\$2215/mo (cple)

**Please see Teresa if you want to sign up for CSFP.**

**BOTH food boxes are delivered on the SAME DAY (2<sup>nd</sup> Weds. of mo.)**

**Pick-up time is 8:30!**

**July 9<sup>th</sup>  
August 13<sup>th</sup>**